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Spring Foods for Healthy Aging!

KANSAS ADVOCATES for BETTER CARE
making elder care better every day
Beets – This dark red vegetable is very high in fiber and also contains an amino acid called betaine. Betaine can help lower blood pressure, reduce risk of inflammation, and help prevent and reduce the accumulation of fat in the liver. Beets are great for aging because they contain a powerful antioxidant that helps keep skin supple and youthful. It also contains carotenoids that can ward off the muscular degeneration that occurs as you grow older.

Asparagus – Asparagus not only boosts heart health due to its vitamin K (which prevents blood clots), but also contains a special antioxidant called glutathione that’s believed to help slow down the aging process. Asparagus also contains B9 and B12, which may help ward off cognitive decline. A study from Tufts University found that older adults with higher levels of folate and B12 — which is harder to absorb as you age — performed better on cognitive tests than those with lower levels. In addition, asparagus is also rich in lycopene, which has been found to protect the prostate and help lower the risk of prostate cancer.

Carrots – Carrots are rich in beta-carotene, which actually gets its name from the classic vegetable. The body converts this beta-carotene into vitamin A, which in carrots is called retinol, an ingredient found in many antiaging creams. Along with being good for your skin and hair, vitamin A helps support your immune system, preserves good vision and may help fight cancer.

Strawberries – Strawberries are an excellent source of vitamin C, which is thought to help lower cancer risk. In addition, the alpha hydroxy acid in strawberries helps get rid of dead skin cells, making skin look more youthful. A study by MCP Hahnemann University School of Medicine found that treatments with alpha hydroxy acids might reverse the signs of aging. Strawberries also are high in fiber and help balance blood sugar, and the polyphenols they contain support immunity and healthy cell renewal.

Radishes – Acting as a major detoxifier, it contains a long list of healthy nutrients — everything from folate to copper to potassium to magnesium. Studies have shown that radishes fight cancer while getting rid of all those nasty toxins in the liver. They also have vitamins A, C and K, which boost cell production and repair.

Information from aarp.org
Everyone has different dietary needs!

The following are common diets that health professionals may suggest to people in the different stages of health and life. Following each diet are suggested recipes to fit the different components of varying dietary needs.
A soft diet is made up of foods that are easy to chew and swallow. This diet is mainly for individuals who have a hard time chewing due to loss of teeth, dentures, after radiation therapy of the head and/or neck, stroke or individuals who are too weak to chew whole foods. Soft food may also be blended, pureed, ground, or finely chopped.

**Stay away from:**
- Tough meats
- Raw and dried fruits and vegetable
- Bread with thick crust
- Nuts and seeds

**Foods that work for Soft Diet:**
- All liquids
- Yogurt
- Soft cheese
- Ground cooked chicken, turkey, beef or pork
- Eggs
- Deli meats chopped into small pieces
- Tofu
- Smooth peanut butter
- Soft cooked vegetables
- White bread and crackers (may need to soften with liquid)
- Ice cream

Sunrise Smoothie

This is a great smoothie to start your morning off right! It is jam-packed with potassium, vitamin C, and protein.
Ingredients

- 1 cup organic frozen mixed berries
- 1 frozen banana
- 1 orange, peeled and segmented
- 4-6 oz. of vanilla Greek yogurt

Directions

Combine all ingredients in a blender then blend until smooth.

This recipe and many more can be found on www.iowagirleats.com
Chicken Enchilada Soup

This hearty soup is great for individuals who have a harder time swallowing food due to stroke, dentures, loss of teeth, or anyone who enjoys a good soup once in awhile.
Ingredients

- 2 tbsp. vegetable oil
- 1 cup diced white onion
- 2 cloves garlic, minced
- 1/2 cup corn flour
- 3 cups chicken stock
- 2 cups cooked, shredded chicken
- 1 1/4 cup (10 oz.) red enchilada sauce
- 14 oz. can black beans, rinsed and drained
- 14 oz. can diced tomatoes with juices
- 4 oz. can chopped green chiles
- 1/2 tsp ground cumin
- 8 oz. sharp cheddar cheese, grated
- 1 tsp salt, more/less to taste

Directions

1. Heat the oil in a large stock pot over medium-high heat. (To save time, peel and dice the onion for the minute or so the oil heats.) Add the onion and sauté for 5 minutes, or until cooked and translucent. Add garlic and sauté for an additional minute until fragrant. Stir in the corn flour and cook for an additional minute.

2. Pour in half of the chicken stock, and stir until completely combined. Add in the remainder of the chicken stock, and stir to combine. Immediately add in the chicken, enchilada sauce, black beans, tomatoes, green chiles, salt and cumin, and stir until combined. Continue stirring occasionally until the mixture reaches a simmer. Reduce heat to medium-low and let it simmer for 3 minutes, stirring occasionally so that the soup does not stick to the bottom of the pan.

3. Stir in the cheese, one handful at a time, until combined. Season the soup to taste with salt. Serve the soup warm with desired toppings.

For this recipe and many more visit www.gimmesomeoven.com
Body Strengthening Diets

Diet and exercise play an important role in strengthening the muscles for a healthy body. A muscle-strengthening healthy diet should be composed of protein, complex carbohydrates and healthy fats/amino acids (BCAA’s). Protein is essential for the growth, maintenance and repair of body tissues and muscle. Complex carbs, including fruits, vegetables and whole grains, provide energy to the body as well as essential vitamins and minerals necessary for muscle recovery. Healthy fats are essential for normal body processes and hormonal balance and assist in fat loss. The addition of specific foods that contain these nutrients to your diet plan may increase muscle strength for a healthy body.

**Eggs** are a healthy addition to a muscle-strengthening diet. Eggs are a complete source of protein necessary for building and repairing muscle tissues; are low in calories, contain heart-healthy fats and a source of iron, which transports oxygen to the blood for use by the muscles. Iron helps to prevent fatigue, decreased energy and sore muscles after a workout. An egg's fat and iron content is mostly found in the yellow yolk, so eat the whole egg.

**Leafy green vegetables** are a healthy addition to a muscle-strengthening diet plan. Greens such as spinach, arugula, kale, Swiss chard and butter lettuce are a rich source of vitamins and minerals that aid in the recovery and repair of muscles.

**Lean meat** is well-known as a muscle-building food since it is a complete source of high protein and contains the essential amino acids necessary to build protein. Protein is essential to developing muscle growth and for faster recovery post-workout. During the recovery period, muscle fibers are repaired and come back stronger, which is how muscle growth and strength gains are developed. Include lean turkey, chicken breasts and lean beef labeled as tenderloin or top round with your meals to avoid excess saturated fats.

**Complex carbohydrates**, such as whole-grain foods, and omegas provide energy to the body that is essential for muscle growth and repair. Oatmeal is a healthy carb that is high in dietary fiber to help keep blood sugar levels steady and appetite under control.

Turkey Sliders with Avocado, Mushrooms, and Swiss

Turkey isn’t just for Thanksgiving! Turkey is a healthy alternative to red meat and even tastes better with a great recipe. Turkey has just the same amount of protein as red meat, but contains less fat so it is great for aging adults.
Ingredients

- 8 whole grain slider buns
- 1 1/4 lb. ground, skinless turkey breast
- 1/4 tsp salt
- 1 cup sliced mushrooms of your choice
- 2 slices low-fat Swiss cheese
- 2 small avocados (mashed with a fork)
- 1 medium tomato, cut into 8 slices (about 1/4 inch thick)

Directions

1. Preheat the oven to 450°F
2. Arrange the buns with the cut side up in a single layer on a baking sheet. Set aside.
3. Using your hands or a spoon, shape the turkey into 8 patties, each about 3 inches in diameter. (The uncooked patties will be larger than the bun and will shrink as they cook.) Sprinkle the salt over each patty.
4. Heat a large non-stick skillet or griddle pan over medium-high heat.
5. Cook the patties for 2-3 minutes. Turn over the patties. Cook for 2-3 minutes, or until the patties are no longer pink in the center and register 176°F on an instant-read thermometer.
6. Transfer the patties to the bottom of the buns.
7. In the same skillet, cook the mushrooms over medium heat for about 3 minutes, or until soft, stirring frequently.
8. Spoon the mushrooms onto each patty. Top with the Swiss cheese.
9. Place the baking sheet on the middle rack of the oven. Bake the sliders for 1-2 minutes, or until the Swiss cheese is melted and the buns are heated through. Remove from the oven.
10. Spread the avocado over the Swiss cheese. Top with tomato slices. Place the top of the buns over the sliders.

This recipe and many more can be found on www.heart.org
Turkey Quinoa Stuffed Bell Peppers

This is a great recipe for everyone—especially those who are aging that want to have a healthy high protein meal.
Ingredients

- 1 lb. ground turkey breast
- 1/2 cup quinoa, uncooked
- 1 1/4 cup chicken broth (low sodium) separated
- 1/2 cup tomato sauce
- 1/4 cup fresh cilantro, chopped
- 1 tbs olive oil
- 3 cloves garlic, minced
- 1/2 onion, diced
- 2 tsp ground cumin
- 1/2 tsp garlic powder
- 1 tsp kosher salt
- 1/2 tsp ground black pepper
- 2-3 large bell peppers, halved and seeded
- 1 cup of shredded cheese

Directions


2. Add ground turkey, cumin, garlic powder, salt, and pepper. Break up the turkey using a wooden spoon/spatula, allowing it to brown (4-5 minutes).

3. Once turkey is almost completely browned, add uncooked quinoa, tomato sauce, 1 cup chicken broth, and chopped cilantro. Stir well to combine then cover. Let simmer over medium heat for 15 minutes.

4. While the mixture simmers, preheat the oven to 400°F and slice the bell peppers in half. Remove the seeds and white membranes inside.

5. Put bell pepper halves into an oven-safe dish. Fill each half with as much turkey-quinoa filling as you can. Pour remaining 1/4 cup chicken broth into the baking dish and cover tightly with foil.

6. Bake for 20 minutes. Remove the foil, sprinkle each bell pepper with shredded cheese and bake another 10 minutes. Serve immediately.

This recipe and many more can be found on www.loveandfoodforeva.com
Low Sodium/Heart Healthy Diet

People with heart failure or high blood pressure may improve their symptoms by reducing the amount of sodium (salt) in their diet. Sodium is a mineral found in many foods, especially salt. Eating too much salt causes the body to keep or retain too much water, worsening the fluid buildup that happens with heart failure. Following a low-salt diet helps keep blood pressure and swelling (also called edema) under control. It can also make breathing easier if you have heart failure.

You should have no more than 2,000 milligrams of sodium each day if you have heart failure. Less than 1,500 milligrams a day is ideal. Whether you are living with heart failure or not, it’s important how much sodium certain foods contain. Here’s a quick glance of sodium content for some popular foods.

<table>
<thead>
<tr>
<th>Food</th>
<th>Serving Size</th>
<th>Sodium Content</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken, Dark Meat</td>
<td>3.5 oz. roasted</td>
<td>87 mg</td>
</tr>
<tr>
<td>Chicken, White Meat</td>
<td>3.5 oz. roasted</td>
<td>77 mg</td>
</tr>
<tr>
<td>Salmon</td>
<td>3 oz. cooked</td>
<td>50 mg</td>
</tr>
<tr>
<td>T-Bone Steak</td>
<td>3.5 oz.</td>
<td>66 mg</td>
</tr>
<tr>
<td>Asparagus</td>
<td>6 spears</td>
<td>10 mg</td>
</tr>
<tr>
<td>Carrot, cooked</td>
<td>1/2 cup</td>
<td>52 mg</td>
</tr>
<tr>
<td>Apple</td>
<td>1 medium</td>
<td>1 mg</td>
</tr>
<tr>
<td>Cantaloupe</td>
<td>1/2 cup, chopped</td>
<td>14 mg</td>
</tr>
<tr>
<td>Bread, whole wheat</td>
<td>1 slice</td>
<td>159 mg</td>
</tr>
<tr>
<td>Spaghetti</td>
<td>1 cup</td>
<td>7 mg</td>
</tr>
</tbody>
</table>

Information taken from [http://www.webmd.com/heart-disease/heart-failure/low-sodium-eating#1](http://www.webmd.com/heart-disease/heart-failure/low-sodium-eating#1)
Balsamic Glazed Fish

This recipe is great for those watching their salt intake, and anyone who loves fish!
Ingredients

- 4 - 4oz fish fillets
- black pepper
- 3/4 c balsamic vinegar
- 1 tbs extra virgin olive oil
- 1 tbs lemon juice

Directions

1. Heat oven to 450 degrees.
2. Season fish to taste with pepper. Place on cookie sheet or casserole dish. Bake 10-12 minutes..
3. While fish cooks, combine remaining ingredients & whisk well. Microwave covered on 50% heat for 2 minutes, stirring halfway. Drizzle glaze over fish and serve.
Grilled Chicken with Raspberry Glaze

Great recipe to lower your blood pressure! This tasty chicken dish will satisfy your taste buds at anytime of the day.
Ingredients

- Cooking Spray
- 3/4 cup all-fruit seedless red raspberry spread
- 2 tbs honey mustard (lowest sodium available)
- 1/4 tsp cayenne
- 4 boneless, skinless chicken breast halves (about 4 oz each), all visible fat discarded, pounded to 1/2 inch thick
- 6 oz fresh raspberries (about 1 1/3 cup)

Directions

1. Lightly spray the grill rack with cooking spray. Preheat the grill on medium high.
2. In a small bowl, stir together the raspberry spread, honey mustard, and cayenne. Spoon 1/4 cup of the mixture into another small bowl and set aside. Lightly brush both sides of each chicken breast with the remaining raspberry spread mixture.
3. Grill the chicken for 8-10 minutes on each side, or until no longer pink in the center.
4. Meanwhile, add the fresh raspberries to serve the reserved raspberry spread mixture, stirring gently to coat. Serve spooned over the chicken.

This recipe and many more can be found on the American Heart Association www.heart.org
Teriyaki Salmon with Cauliflower Rice

This is an awesome recipe that is not only high in protein and great for your heart, but also low in carbohydrates.

This recipe and many more can be found on www.heart.org
Ingredients

- 2 tbs low-sodium soy sauce
- 1 tbs water
- 1 tbs dry sherry or balsamic vinegar
- 1 tbs sesame oil
- 1 tsp white vinegar
- 1/2 tsp no-calorie sweetener
- 1 tsp fresh minced garlic
- 1 tsp fresh minced ginger
- 4 (6 oz) wild salmon fillets, skin removed
- 1 (2 lb) head cauliflower, roughly chopped
- 1/2 white onion, peeled and roughly chopped
- 1 tsp canola oil
- 1/8 tsp salt
- 1 cup chopped fresh cilantro
- 1 tsp sesame seeds
- 2 scallions, finely chopped

Directions

1. In a heatproof 8 inch baking pan, add the marinade ingredients: soy sauce, water, sherry, sesame oil, white vinegar, Splenda, garlic, and ginger. Use a fork to gently combine ingredients. Add salmon fillets. Cover up with foil and marinate in the refrigerator at least 1 hour and up to 24.

2. When ready to cook the salmon, remove the fish from the fridge and preheat the oven to 450°F.

3. Meanwhile, trim and discard the leaves of the cauliflower. Roughly chop the cauliflower florets and the peeled onion. Add to the bowl of a food processor in batches, pulsing until the mixture resembles couscous. Transfer mixture to a medium bowl until the cauliflower rice has been made.

4. Place the baking pan with the salmon in the preheated oven and bake until salmon is almost fully cooked, about 10 -12 minutes, depending on thickness. Broil the salmon another 2-4 minutes to brown. Fish is done when easily flaked with a fork.

5. Meanwhile, warm canola oil in a large nonstick pan over medium-high heat. Add cauliflower mix. Season with salt and, stirring frequently, cook until cauliflower mixture is tender, about 5-6 minutes. Remove from heat and stir in cilantro.

6. Transfer the salmon fillets onto the cauliflower. Pour teriyaki sauce from the pan over the salmon and garnish with sesame seeds and scallions.

This recipe and many more can be found on www.heart.org
Diabetes is on the rise, yet most cases are preventable and some can even be reversed. Taking steps to prevent and control diabetes doesn’t mean living in deprivation; it means eating a tasty, balanced diet that will also boost your energy and improve your mood. You don’t have to give up sweets entirely or resign yourself to a lifetime of bland food. With these tips, you can still take pleasure from your meals without feeling hungry or deprived.

Whether you’re trying to prevent or control diabetes, the most important thing you can do is to lose a little weight. Losing just 5% to 10% of your total weight can help you lower your blood sugar, blood pressure, and cholesterol levels. Losing weight and eating healthier can also have a profound effect on your mood, energy, and sense of well-being.

It’s not too late to make a positive change, even if you’ve already developed diabetes. The bottom line is that you have more control over your health than you think.

Find more information at:  [https://www.helpguide.org](https://www.helpguide.org)

**Diabetes-Friendly Diets**

Eat More:

- Healthy fats from raw nuts, extra-virgin olive oil, coconut oil, fish oils, chia, pumpkin, sesame & flax seeds, whole milk dairy, or avocados
- Fruits and vegetables—ideally fresh, the more colorful the better; whole fruit rather than juices
- High-fiber cereals and breads made from whole grains or legumes
- Fish and shellfish, organic, free-range chicken or turkey, grass-fed beef
- High-quality protein such as eggs, beans, milk, cheese, and unsweetened yogurt (or plant-based vs meat/dairy)
- Amino acids (BCAA’s) help with the body’s absorption of proteins.

Eat Less:

- Trans fats from partially hydrogenated or deep-fried foods
- Packaged & fast foods, especially those high in sugar; baked goods, sweets, chips, desserts
- White bread, sugary cereals, refined pastas or rice
- Processed meat and red meat from animals fed with antibiotics, growth hormones, & GMO feed
- Low-fat products that have replaced fat with added sugar, such as fat-free yogurt
Pork Medallions with Apricot Sage Sauce

This recipe is a modern spin on the classic pork chops with apple sauce. Not only is it delicious, but diabetes friendly as well!
Ingredients

- 8 ounces pork tenderloin, all visible fat discarded, cut into 1/2-inch slices
- 1/8 teaspoon pepper
- 1 teaspoon extra-virgin olive oil
- 1 tablespoon finely chopped shallot or onion
- 1/2 cup fat-free, low-sodium chicken bone broth
- 1 large or 2 medium fresh sage leaves
- 2 tablespoons all-fruit apricot spread

Directions

1. Season the pork on both sides with the pepper. In a large nonstick skillet, heat the oil over medium-high heat. Cook the pork for 6 to 8 minutes, or until just slightly pink in the center, turning once. Transfer to a plate. Cover with aluminum foil to keep warm.

2. Put the shallot in the skillet. Cook for 1 minute, stirring constantly. Pour the broth into the skillet, stirring to dislodge any browned bits. Let boil for about 5 minutes, or until the liquid is reduced to about half (about 1/4 cup).

3. Meanwhile, chop the sage. Whisk the sage and apricot spread into the sauce. Spoon over the pork.
Slow Cooker Chicken Enchiladas

This is a great recipe for diabetics or anyone who wants to keep their carb intake low. With only 24g of carbs per serving, it can lower your blood sugar and leave your taste buds feeling satisfied.
Ingredients

- 1 lb skinless, boneless chicken breast halves
- 1 10-1/2 oz can of reduced fat, reduced sodium cream of chicken soup
- 1/2 cup mild salsa
- 1 4-oz can diced green chiles
- 1 tsp chili powder
- 1/2 tsp ground cumin
- 4 cups packaged baby lettuce mix
- 8 6-inch corn tortillas, warmed
- 1/2 cup shredded Mexican style four cheese blend

Directions

1. Place chicken breasts in a 1-1/2 quart slow cooker. In a small bowl, combine soup, salsa, chiles, chili powder, and cumin; pour over chicken. Cover and cook on low heat setting for 4-5 hours.

2. Remove chicken and place in a medium shallow bowl. Using two forks, shred the meat. Add half the sauce from the slow cooker to the shredded chicken, tossing to coat.

3. Line a serving platter with the lettuce. Place 1/3 cup of chicken mixture and about a teaspoon of the shredded cheese down the center of each tortilla roll up. Arrange enchiladas on the prepared serving platter. Spoon remaining sauce over enchiladas and sprinkle remaining cheese.

This recipe and many more can be found on www.diabeticlivingonline.com
Deconstructed Raspberry Pie

This is a great recipe for anyone with diabetes or anyone that wants a fun dessert that is low in sugar.
Ingredients

- 2-2/3 cup fresh raspberries
- 2 tsp sugar
- 1/2 cup graham cracker crumbs
- 2 tbs butter, melted
- 4 tbs whipped cream in a can
- 1/4 tsp baking cocoa

Directions

1. In a small bowl, combine raspberries and sugar; set aside.
2. In another small bowl, combine cracker crumbs and butter. Press into an 8X6 inch rectangle on a ungreased baking sheet. Bake at 350°F for 5-6 minutes or until lightly browned. Cool completely on a wire rack. Break into large pieces.
3. To assemble, divide half of the graham crackers pieces among four dessert plates; top with 1/3 cup raspberries. Repeat layers. Top each with 1 tablespoon whipped cream and dust with cocoa.

This recipe and others can be found at www.tasteofhome.com
Brain Healthy Diet

- Wild-Caught Salmon
- Turmeric
- Chia, Flax & Pumpkin Seeds
- Broccoli
- Blueberries
- Coconut Oil
- Extra Virgin Olive Oil
- Walnuts
- Almonds
- Avocados
- Beets
- Quinoa as a substitute for rice [https://www.healthline.com/nutrition/11-proven-benefits-of-quinoa](https://www.healthline.com/nutrition/11-proven-benefits-of-quinoa)
- Green Tea [https://www.healthline.com/nutrition/top-10-evidence-based=health-benefits-of-green-tea#section_1](https://www.healthline.com/nutrition/top-10-evidence-based=health-benefits-of-green-tea#section_1)
Nuts and seeds are commonly known as one of the healthiest foods for the brain. Healthy fats are the building blocks for optimal brain cell function. Nuts and seeds are high in amino acids, fiber and various nutrients, but it is their high content of omega-3 fats, phytosterols, B-vitamins and antioxidants that makes them particularly nourishing and rejuvenating for the brain. Nuts and seeds are high in zinc, which is vital for enhancing memory and thinking skills.


- Chia Seeds
- Flax Seeds
- Pumpkin (Pepita) Seeds
- Walnuts
- Almonds
Brain Healthy Diet: Berries

Berries are extremely high in antioxidants and other phytochemicals known both to improve learning, thinking, and memory functions and to prevent cellular corrosion from free radicals. Compared to other fruits, berries are also relatively low in fruit sugars, making them one of the healthier fruits available. Eating berries on a regular basis allows the brain and body to detoxify naturally - and that can substantially reduce cellular damage.

Brain Healthy Diet

### Turmeric

The curcumin found in turmeric crosses the blood-brain barrier and can prevent neuron damage and a wide range of neurological disorders. It has also been shown to boost memory and improve the regeneration of new brain cells. Studies show that curcumin may be a natural preventative of depression, by increasing the production of the neurotransmitters serotonin and dopamine.


### Chicken Bone Broth

- Boost Immunity
- Alleviates the Common Cold & Bronchitis
- Fights Inflammation
- Strengthens Bones & Teeth
- Promotes Weight Loss
- Improve Mood
- Anti-aging
- Anti-tumor
- Arthritis & joint pain relief
- Cell-protecting
- Alleviate diabetes and lower blood sugar; supports insulin regulation
- Can improve sleep
- Benefits the gut

[https://www.medicalnewstoday.com/articles/323903/php](https://www.medicalnewstoday.com/articles/323903/php)
Brain Healthy Diet: Supplements

**Lion’s Mane**
Lion’s Mane has many not only neural benefits, from disorder prevention qualities and even cancer prevention benefits, but also other areas of the body such as the heart benefit from this amazing mushroom.

- Cognitive Functioning
- Could prevent Dementia
- Helps relieve depression & anxiety
- May speed recovery from nervous system injuries
- Protect against ulcers in the digestive tract
- Reduces heart disease risk
- Helps manage diabetes symptoms
- May help fight cancer
- Reduces inflammation and oxidative stress
- Promotes neurogenesis
- Boosts immune system

[https://www.healthline.com/nutrition/lions-mane-mushroom#section1](https://www.healthline.com/nutrition/lions-mane-mushroom#section1)

**Gotu Kola**
Gotu Kola is an herb that is commonly used in Traditional Chinese and Ayurvedic medicine. The above-ground parts are used to make medicine. Gotu kola contains certain chemicals that seem to decrease inflammation and also decrease blood pressure in veins. Gotu kola also seems to increase collagen production, which is important for wound healing.

- Memory
- Cognitive functioning
- Anxiety
- Depression
- Alzheimer’s disease
- Epilepsy
- Helps manage diabetes

Brain Friendly Recipe:
Slow Cooker Coconut Cashew Chicken

http://asunshinyday.com/slow-cooker-coconut-cashew-chicken/
**Slow Cooker Coconut Cashew Chicken**

**Ingredients**
- 1.5lb boneless chicken breasts
- 1 Large onion (diced)
- 14 oz. light coconut milk (canned, unsweetened)
- 3/4 cups raw unsalted cashews
- 2 tablespoons tomato paste
- 1 tablespoon minced garlic
- 2 teaspoons low sodium soy sauce
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1 teaspoon turmeric
- 1/2 teaspoon Worcestershire sauce
- Tabasco (to taste)

**Optional**
- 1 teaspoon fish sauce

**Directions**

1) Cut the chicken into small pieces and place the onions & chicken in the slow cooker. Season well with salt & pepper.

2) Add the remaining ingredients to a blender and blend until smooth. Pour over the chicken in the slow cooker and cook on low for 6-8 hours or high for 3-4 hours.

3) Serve over your favorite grain and garnish with toasted cashews & coconut.
Brain Friendly Recipe:
Black Bean & Salmon Tostadas

Brain Friendly Recipe:
Black Bean & Salmon Tostadas

Canola oil cooking spray
1 6- to 7-ounce can boneless, skinless wild Alaskan salmon, drained
1 avocado, diced
2 tablespoons minced pickled jalapeños, plus 2 tablespoons pickling juice from the jar, divided
2 cups coleslaw mix or shredded cabbage
2 tablespoons chopped cilantro
1 15-ounce can black beans, rinsed
3 tablespoons reduced-fat sour cream
2 tablespoons prepared salsa
2 scallions, chopped
Lime wedges (optional)

Position racks in upper and lower thirds of the oven; preheat to 375°F. Coat tortillas on both sides with cooking spray. Place on 2 baking sheets. Bake, turning once, until light brown, 12 to 14 minutes.

Combine salmon, avocado and jalapenos in a bowl. Combine cabbage, cilantro and the pickling juice in another bowl. Process black beans, sour cream, salsa and scallions in a food processor until smooth. Transfer to a microwave-safe bowl. Cover and microwave on High until hot, about 2 minutes.

To assemble tostadas, spread each tortilla with some bean mixture and some salmon mixture and top with the cabbage salad. Serve with lime wedges, if desired.
Many thanks to The Merc Co+Op for this opportunity. Recipes here were compiled by former KABC interns Tyler Golden & Claire Shanovich in 2017, and KU intern Hayes Miller in 2018/19.
⇒ Serves Older Adults & Their Family and Caregivers

⇒ Educates Public Policy Makers & Media Resources across Kansas

⇒ Is a not for profit, 501(c)(3) charitable organization made up of members and volunteers

⇒ Is supported by donations from concerned citizens like you

⇒ Assisted over 12,000 individuals in 2018

⇒ Does all this with three staff and 17 volunteer board members

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